



CITY OF MANCHESTER HEALTH DEPARTMENT MONTHLY BULLETIN – APRIL 2009

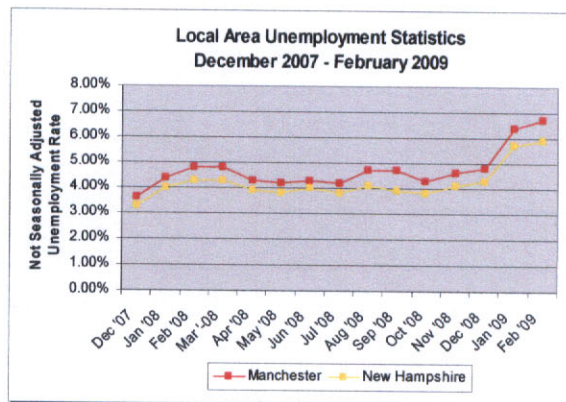


Public Health
Prevent. Promote. Protect.

Chronic Disease Prevention & Neighborhood Health Division

The Importance of Managing Stress Through Tough Economic Times

As many as 80 percent of Americans are stressed about their personal finances and the economy, according to the annual survey conducted by the American Psychological Association (CNN, March 2009). Unemployment and reduced spending on health care have a direct effect on the country's mortality and morbidity rates, according to a new study from the University of North Texas Health Science Center's School of Public Health in Fort Worth. As workers lose their jobs, they often lose their health insurance, suffer from stress and adopt unhealthy behaviors. They also might delay preventive care because of cost or coverage issues. As of February 2009, over 4100 Manchester residents were unemployed (NHES, 2009). Managing stress through tough economic times can impact the short and long term health of individuals and families. USA Weekend HealthSmart encourages the following:



- ☐ **Exercise.** Developing an exercise program not only benefits you physically and emotionally, but it also instills a sense of discipline.
- ☐ **Control spending.** Make it a game – see how much you can save in a day, week, a month. Record the savings and review them periodically to see your progress.
- ☐ **Organize your life.** Planning your daily and weekly schedule can be empowering.
- ☐ **Seek help.** Counseling and medications can be used in combination with good habits to get you back on track.
- ☐ **Don't depend on drugs or alcohol.**
- ☐ **Put people first.** Charities always can use help, and by providing your time, you'll help yourself, too.
- ☐ **Relax.** Even if your day is busy, you need time to unwind.
- ☐ **Eat nutritiously.** Focus on variety and minimize foods that are high in calories, fats and sodium
- ☐ **Sleep.** If sleep disturbance is a symptom of your stress, talk to your doctor about how to manage it.
- ☐ **Simplify.** We collect "stuff" that just becomes clutter. Organize a yard sale to pick up extra cash on things you no longer need – and show yourself you're in charge of your life. What you don't sell you can give to charity.

Community Health Division

National Infant Immunization Week April 25-May 2, 2009



National Infant Immunization Week (NIIW) is being held April 25-May 2, 2009. This national health observance highlights the importance of protecting infants from vaccine-preventable diseases and focuses on the achievements of immunization programs in promoting healthy communities. The decline in vaccine-preventable diseases is one of the ten most significant public health achievements of the 20th century.

Vaccination continues to play a critical role in safeguarding public health globally. Major achievements have been made to decrease the incidence of vaccine-preventable diseases among Manchester children. Vaccination rates for two-year-old children have increased from 48% in 1994 to 85% in 2007. This year, the State of New Hampshire received the 2009 National Immunization Survey Award for the highest estimated vaccination coverage for the childhood series of vaccines for all 50 states. Ideally, vaccine coverage rates of at least 90% are needed to protect the public health.

MISSION STATEMENT

To improve the health of individuals, families, and the community through disease prevention, health promotion, and protection from environmental threats.

Environmental Health & Public Health Preparedness Division

Food Safety Seminar – April 20, 2009

The Health Department will be offering its semi-annual Food Safety Seminar on Monday, April 20th from 9:00 a.m.-11:00 a.m. & 2:00 p.m. - 4:00 p.m. The seminar will be held at the Manchester Health Department located at 1528 Elm Street.

This 2 hours class is designed to be a basic introduction to important food safety principles and practices including: Temperature Control, Personal Hygiene, Cross-Contamination, Pest Control, and Sanitizing of Equipment.

This training is FREE OF CHARGE and is open to the public. All we ask is that you RSVP so that we can pre-print certificates for attendees. All food services establishments in Manchester that prepare food, must employ at least one person who has completed this class or an equivalent training approved by the Department.



If you have question about this bulletin please contact the Environmental Health and Public Health Preparedness Division at 624-6466.

School Health Division

Leading the Fight Against Childhood Obesity

The school nurses are in the process of completing screenings for vision, hearing, height, weight, and Body Mass Index (BMI). For those students with a BMI falling in the 85th percentile and above, letters have gone home urging families to meet with their child's health care provider. In the school setting, school nurses are working with Sue Sheehy, RD and UNH dietician interns on several projects promoting healthy eating and physical activity. Lunch clubs discussing good foods, supporting Get Moving Manchester activities, creating more opportunities for increasing student physical activity, and reinforcing the Fresh Fruit and Vegetable Program are some of the ways school nurses are working to address the increase in obesity we are seeing in our children. Nutrition information is available in each School Health Office and school nurses are excellent resources for families.

Monthly Spotlight

Health Department Recognized as a "Fit Friendly Company"



For the second year in a row, the Manchester Health Department was recognized by the American Heart Association as a "Start! Fit Friendly Company." We are one of only 9 companies in NH to receive the designation this year. For information on how to become a Start! Fit Friendly Company, call the American Heart Association or visit www.americanheart.org

FOR MORE INFORMATION

Visit our website at <http://www.manchesternh.gov/CityGov/HLT/Home.html>, or call 624-6466